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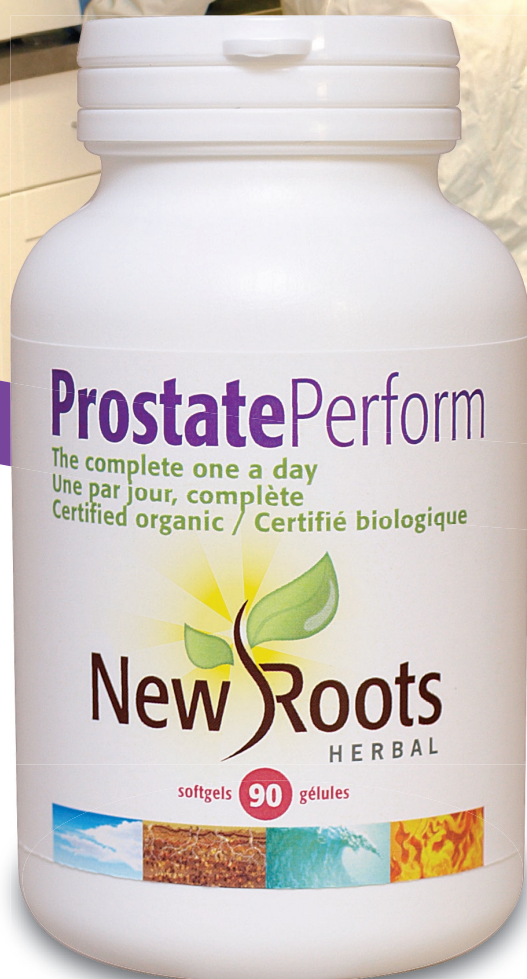
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A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!



NUTRACLEANSE

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

NutraCleanse is sold in 1kg bags at health food stores, produce/deli markets, bodybuilding supplement stores, and pharmacies. A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you!

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of NutraCleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.



This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote daily regularity and optimum colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1

On the run?

Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION	
30 g serving = 1/3 cup	
Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	8 g
Carbohydrates	0 g

INGREDIENTS

NutraCleanse contains the following all-natural organic ingredients:

- Ground Flax Seed
- Ground Psyllium Husks
- Dandelion Root Powder
- Burdock Root Powder
- Fenugreek Seed Powder

NutraCleanse...
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PO Box 3561, Mission, BC, Canada V2V 4L1

Publisher & Senior Editor - Joseph Roberts
Managing Editor - Sonya Weir
Advertising Sales - Joanne Fleming, Adam Sealey
Design & Production - Peter Sircom Bromley
Proofing - Anthony Prosk

Contributors:

Robert Alstead, Steve Anderson, Alan Cassels, Adrien Dillon, Carolyn Herriot, Diana King, Claire Maisonneuve, Rod Marining, Vesanto Melina, Faisal Moola, Geoff Olson, Gwen Randall-Young, Joseph Roberts, Lucy Sharratt, Brenda Stephenson, David Suzuki, Eckhart Tolle, Reilly Yeo

Sales - Head office 604-733-2215
toll-free 1-800-365-8897

Contact Common Ground:

Phone: 604-733-2215
Fax: 604-733-4415
Advertising: joanne@commonground.ca
adam@commonground.ca
Editorial: editor@commonground.ca

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A win for the whales

DESPITE HUGE CORRUPTION AT WHALING COMMISSION

by Rod Marining

A PSYCHIC message had gone out to all eco-warriors who had ever fought for whales: "Get your body over to Agadir, Morocco, now!" As we say on the Sea Shepherd and Greenpeace ships, "All hands on deck!"

So there I was at the 62nd Annual Meeting of the International Whaling Commission (June 21-25), walking through loads of security into a room where the fate of the great whales would be decided for one more year. There were 88 representatives from various countries – people who would make the ultimate decisions – and more than 240 non-governmental organizations (NGOs). Everyone was very nervous and there was no clear indication of the fate of the whales, one way or the other. There were powerful forces at play, both good and evil.

Sex was one of the forces working against the whales. *Flights, Girls and Cash Buy Japan Whaling Votes* read a *Sunday Times* headline on June 13. A stack of Xeroxed copies of the article sat on the NGO media table and I picked one up. The jokey comments included, "Hookers for harpoons? 'What do you mean?' asks the diplomat. 'You give me harpoons to kill the whales with your vote and I give you hookers, really "good girls" for you. What do you say? We have a deal?'"

It is common knowledge among enviros that a huge block of small nations –surrogates as they are called – have

been bought off by the Japanese foreign affairs department and the *Sunday Times* article provided definitive proof of the corruption. Journalists with hidden cameras and microphones had set up a sting operation, posing as anti-whaling lobbyists with very deep pockets, wanting to buy votes.

The *Times* piece accused Japan of systematically bribing nations with sex, aid, cash and flights in return for their vote to overturn the 1982 ban on commercial whaling and end the hard won Southern Ocean Whale Sanctuary – two huge environmental milestones in the battle to save the last of the whales. The journalists spoke extensively to officials from St. Kitts, Nevis Island, the Republic of the Marshall Islands, Kiribati, Grenada, Ivory Coast, Tanzania and Guinea, offering multi-million pound aid packages if they stopped supporting Japan at the IWC.

For example, within the last two years, Japan had given Tanzania the sum of \$88 million pounds (about \$160 million Canadian) in fisheries aid. Five Tanzanian government officials at the IWC were given \$22,000 pounds for tuition fees and living expenses while they studied in Japan – that's more than \$40,000 Canadian per year times five officials – to get their fisheries degree at a Japanese university.

A Tanzanian official revealed that Japan "secretively" paid for the tickets and hotels for the IWC delegates from different countries. They were also taken on all-expenses-paid visits to Japan where "good girls" cont'd page 28...

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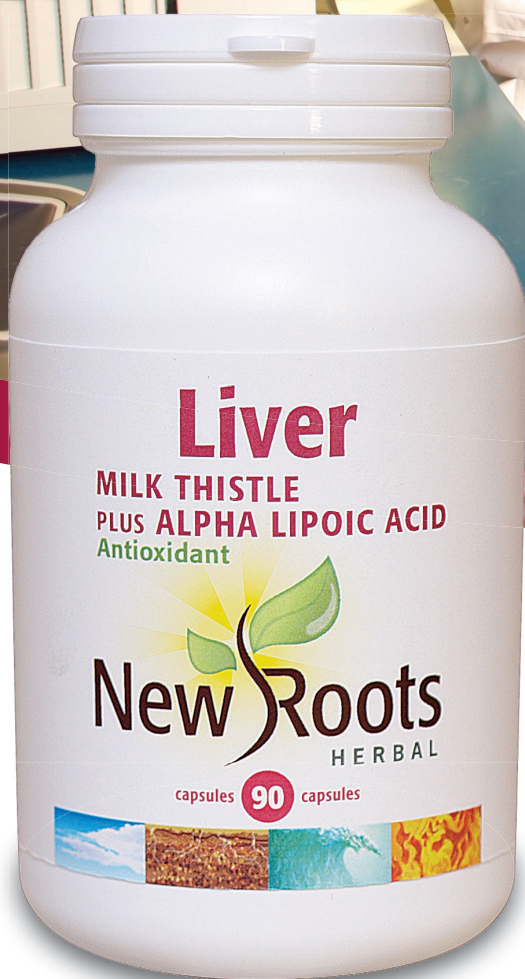
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Feast your eyes!

NUTRISPEAK Vesanto Melina MS, RD

CAN OUR DIET affect how well we see? Yes, indeed. Most of us learned in grade school that eating carrots helps us see at night, but it goes far beyond that. In fact, eating colourful fruits and vegetables can assist our vision in numerous ways.

Vegetables and fruits, with their wealth of antioxidants, have proven to be effective in the prevention of cataracts. With cataracts, the normally crystalline lens of the eye becomes opaque due to oxidation of protein in the lens of the eye. Antioxidants such as beta-carotene, vitamins C and E and selenium protect against this progression. Beta-carotene is found in carrots, red peppers, squash, asparagus, sweet potatoes, apricots, mangos and kiwi fruit. Vitamin C is found in broccoli, cabbage, red peppers, turnips, oranges and kiwi fruit. Vitamin E is found in avocado, olives, almonds, wheat germ, turnip greens and mango. You'll get your recommended intake of selenium for the day from one Brazil nut.

Recent research has linked age-related macular degeneration (AMD) with several components of diet. In AMD, the macula, or central part of the retina at the back of the eye, which is responsible for seeing the central part of our visual field, degenerates. The resulting effect is that we are unable to see what is right in front of our eyes. Peripheral vision, however, is unaffected, allowing people to function somewhat independently.

A healthy macula contains a substantial amount of two specific carotenoids (relatives of beta-carotene) known as lutein and zeaxanthin. Green, yellow, orange and red vegetables and fruits are rich in a wide variety of carotenoids. Dark, leafy greens such as spinach, collard greens

and kale, are our richest sources of lutein. Zeaxanthin gives corn its golden colour. The Eye Disease Case Control Study found that eating dark, leafy greens five times a week reduced the risk of developing AMD by 86 percent, compared with those whose diet included dark, leafy greens only once a month.

Food has a more protective effect than pills, as the carotenoids may be most beneficial and powerful when working in concert. Food sources of omega-3 fatty acids, such as flaxseed, hempseed, chia seed and walnuts, also promise to be linked to eye health. These are essential components of cell membranes.

Salad bar

When it comes to salads and raw veggie platters, do you always tend to use the same ingredients? If you would like to extend your repertoire, the list of choices in the sidebar provides numerous options. For a single meal, select one or two items from various groups. Change the combinations from one meal to the next to create an ever-changing and colourful array. Place bowls of ingredients on the table and let diners select their favourites or just toss everything together in a big salad bowl. Prepare many ingredients using a single technique, such as julienne (matchsticks) or get creative and give each ingredient a unique treatment or shape.

Vesanto Melina is a local dietitian and co-author of the new Becoming Raw as well as the Raw Food Revolution Diet, Becoming Vegetarian, Becoming Vegan, Raising Vegetarian Children and the Food Allergy Survival Guide. For personal consultations, phone 604-882-6782 or visit www.nutrispeak.com

Mix 'n match

"Fruit" vegetables: avocados, olives, sweet peppers (red, orange or yellow), tomatoes, winter squash, zucchini and other summer squash

Leafy vegetables: arugula, dandelion greens, endive, radicchio or watercress, cabbage (red or green), collard greens or kale, lettuce (such as butterhead, leaf, or romaine), napa cabbage, purslane, spinach, spring mix

Flowering vegetables: broccoli, broccoflower, broccolini, cauliflower

Edible pods and peas: green peas, snow peas, sugar snap peas

Nuts and seeds: plain or soaked and dried

Onions: green onions, red or sweet white onion

Root vegetables: carrots, beets, celeriac, daikon, radishes, rutabaga, turnips

Sprouts: alfalfa, broccoli, radish or sunflower, mung bean or lentil, quinoa

Stalk vegetables: asparagus tips, celery, fennel

Tubers: Jerusalem artichokes, jicama

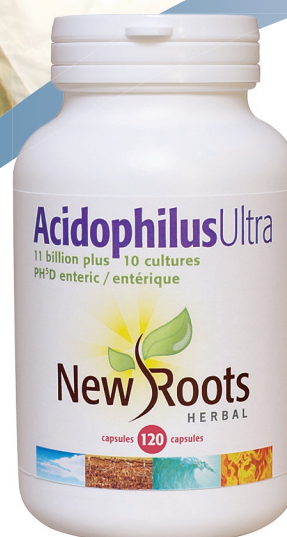
Dressings: Add your favourite dressings. If made with flaxseed or hempseed or their oils, the dressing is a rich source of omega 3 fatty acids. If made with avocado, olives, seeds or their oils, the dressing is a rich source of the protective antioxidant vitamin E.

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Saying “know” A 5-point primer on cholesterol-lowering drugs

DRUG BUST Alan Cassels

HEALTH

I’ve got an idea. I think we should make t-shirts that say: He who dies with the lowest LDL doesn’t win.

— John Abramson, author of *Overdo\$ed America*

In my field, I see a lot of things that don’t connect. There’s the often uncomfortable, big disconnect between the data from a clinical study and the advertising and marketing that flows from it. Then there’s the disconnect between the meta-analysis of clinical trials of a particular class of drugs (an overview of all relevant studies) and the prescribing guidelines made for our physicians. And there’s the disconnect between the testimonials of experts who advise doctors on the safety of drugs and the self-reported experiences of real patients whose own horror stories of adverse drug effects don’t jibe with the picture painted for their doctors. In prescribing, there are disconnects everywhere.

You won’t find any bigger disconnects than the ones orbiting the cholesterol hypothesis where plenty of ignorance and self-delusion drives a lot of pharmaceutical consumption. This hypothesis, simply put, claims if your blood contains “high levels” of LDL or the “bad” type of cholesterol and low levels of the “good” type, HDL, you need to do whatever you can – alter your diet and start taking statins (cholesterol-lowering drugs) – to bring down the bad and bring up the good. LDL is believed to be more important so the lower the LDL, the better goes the hypothesis. Enter the drug industry.

Since cholesterol-lowering drugs (called statins because their names end in ‘statin’) are taken by almost everyone on the planet – young, old, healthy, sick and so on – they are the biggest blockbusters in the history of medicine. Statins include products like

rosuvastatin (Crestor), atorvastatin (Lipitor) or simvastatin (Zocor) and if you think they are so massively prescribed because they are wildly effective in saving us from the dangers of cardiovascular disease, you’re in for a rude shock. I would be at a loss to find a more misunderstood, overused and misused class of drugs on the planet. In fact, if you are too tired to keep reading and you want a soundbite, this sums up my thoughts: “Someday we will look back on society’s zeal for checking and chemically altering our blood cholesterol in the same way we now regard blood letting and purging: a medical barbarity based on ignorance and hubris.”

For an illustration of all the cholesterol foolishness, let me describe Dave. Dave is a friend of mine, 47-years-old, physically fit, a keen cyclist who doesn’t smoke and a healthy specimen. He tells me he had a mini-heart attack when he was younger, but he brushes that episode off with a wave of the hand. Although he came through it just fine, he was told he had high cholesterol and his doctor wanted to bring it down.

Dave was then put on the newest, most widely marketed and likely the most potent statin out there, Crestor. If you are on Crestor, you’ll be glad to know that, last year, the US Food and Drug Administration approved its use in children as young as 10 and earlier this year approved it for people who have normal cholesterol. Go figure.

Like any pharmaceutical, there is a mix of benefit and harm in taking statins and this equation can change radically depending on how much at risk you are to begin with. For someone like Dave, there is actually some proof of the benefits of statins in secondary prevention – people who have had a previous heart attack or heart disease. But how much would the Daves of the world ben-

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Albert Shin, Health Consultant, BSc., TCM

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efit from a daily statin? And how much would they be risking by taking one?

So for the Daves of the world, I have created a guide. Let's call it "Dave's Five-point Primer on Cholesterol-lowering."

How do you compare to an overweight Scot?

Most of the evidence proving the effectiveness of cholesterol-lowering drugs comes from studies on the unhealthiest people you can find. If you want a big bang for your drug studies, you have to study people who are most likely to benefit. The West of Scotland Coronary Prevention Study (WOSCOPS) trial tested the cholesterol drug pravastatin in a group of men who were probably at the highest risk of cardiovascular disease anywhere on Earth: 6,595 overweight Scotsmen aged 45-64 years with extremely high LDLs (levels

ture, right? One meta-analysis published last year in the *British Medical Journal* examined the 10 highest quality trials of statins (all different brands) in patients who did not have established heart disease. They concluded that the statin patients generally did better in terms of rates of death, heart attacks and strokes. How much better? They describe the benefits in terms of "numbers needed to treat" to prevent one "event." The percentages are the benefits in the statin takers over the placebo takers. If you treated 174 people for 4.1 years, you would prevent one death (0.6 percent or six in 1,000). If you treated 81 people for 4.1 years, you would prevent one major heart attack (1.2 percent or 1.2 in 100). If you treated 252 people for 4.1 years, you would prevent one major stroke (0.4 percent or about four in 1,000).

What this meta-analysis tells us is that, statistically speaking, patients who

Since cholesterol-lowering drugs are taken by almost everyone on the planet – young, old, healthy, sick and so on – they are the biggest blockbusters in the history of medicine.

of the bad stuff). Nearly half of them were smokers and about 20 percent had some kind of established heart disease and had taken either pravastatin or placebo for five years.

What did they find? The statin guys reduced their LDL cholesterol and that's apparently a good thing. But how many lived longer or were saved from death by heart attack? The difference in death rates between those on the drug and those on the placebo was two percent. Another way to describe this is that your doctor would have to treat 50 men like those fat, unhealthy Scots for five years with pravastatin to prevent one cardiac death. Is that worth pulling out the bagpipes and playing a victory jig? Obviously, if you aren't an overweight, smoking Scotsman, you will derive even less than a two percent benefit. How much less? Keep reading.

How do healthier people benefit from statins?

What do the other studies say about healthier people and statins? Never make any health decisions based on one study because you want to look at the big pic-

don't have heart disease would be helped by taking statins. But how about the odds – one in 80 or one in 174? Maybe they're OK for you if you don't mind swallowing the statin every day for four years and dealing with the side effects, which brings me to the question:

Are these drugs "safe?"

Remember my motto: "Any drug strong enough to have an effect is strong enough to have a side effect." Like any powerful drug therapy, statins have side effects and adverse effects, some of which can be fatal.

Muscle weakening and muscle pain are among the most well known of all the adverse effects of the statins. A national health survey done in the US found that people who took statins were 50 percent more likely to have back or leg pain. Statin manufacturers state the risks of rhabdomyolysis (the medical term for severe muscle breakdown that can result in kidney failure) on their product labels. Elevated liver enzymes – a sign of liver injury – develop in about one in 100 statin *continued p.27...*

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Canning 101

ON THE GARDEN PATH Carolyn Herriot

FOR PEOPLE of a self-reliant nature who raise a good portion of their own food, home canning is a great way to store the harvest, resulting in healthy, homegrown food, sometimes years down the road. In the freezer, food only stays good for one year before it loses flavour. Canning allows you to enjoy tasty, homegrown fruits, vegetables, pickles, preserves, jams and jellies for longer. It's not hard to do and it is inexpensive to begin.

You can start with a water canner available from most hardware stores for around \$20. These big, blue metal pots come with lids and wire racks; you are probably already familiar with them. It's a good idea to pick up a pair of canning tongs at the same time. Canning jars don't have to be purchased new, although they are not expensive and they're available at most grocery stores. Canning jars also often go for a song at yard sales and can last generations.

This processing method is safe for all high acid foods, jams, jellies, preserves, nut meats, pickles, chili sauce, cat-

sup, relish, tomatoes and tomato sauce (without mushrooms or meat) and fruit and fruit products, such as butters and conserves. Note: Don't double or alter recipes. Pick up a canning booklet with instructions on recommended processing times for different fruits and vegetables.

Canning basics

Wash Mason (canning) jars in warm, soapy water, rinse and put into a saucepan of boiling water to sterilize. Leave jars in hot water until they are needed so they are hot when hot syrup is poured into them. Place canning lids in a small saucepan of boiling water and leave them there until they are needed. Lids should be new because rubber is only good for one use. An improperly sealed jar allows food to spoil, which is not worth risking.

Using jars with chips or small cracks results in broken jars or incomplete seals. Before filling, check jars carefully for cracks. A combination of hot food and cold glass or cold food and hot glass results in the jars cracking. Put hot food into hot jars and cold into cooled jars.



Don't put hot jars onto cold surfaces and keep them out of cool drafts.

It's easier to fill the jars using a funnel. Fill to within one-half inch of the rim. If syrup does get on the rim of the jar, wipe it with a hot cloth to make a good seal with the lid. I preserve fruit in a light honey syrup, which accentuates the natural flavour without excess sweetness.

Light Honey Syrup:

1 part light honey: to 4 parts water
Fill a water canner 3/4-full and bring to a boil. Use the wire rack to load jars in and out of the canner. Wire racks prevent the bottoms of the jars from cracking and stop the jars bumping together. If boiling water does not cover the jars by at least one inch, add more water and

ORGANICS

bring back to a boil. Processing is done at a steady rolling boil; too furious a boil may crack jars during processing.

At the end of the recommended processing time, carefully lift jars out of the canner, using long-handled tongs. Place jars on a wooden board (out of cool drafts) where a seal will happen as the jar cools. Leave jars alone until they have sealed; usually, you'll hear a satisfying ping when this happens. After the jars have cooled, remove the rings, wipe the jars and store in a cool, dark place. Always check seals before you store jars; the lids should be indented in the middle, with no give. If not sealed, either reprocess using a new lid or store in the fridge and eat soon. Mark lids with the contents and the date to make rotation in storage possible. *Bon Appetit!*

Carolyn's new book *The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food* is now available (Harbour Publishing). <http://earthfuture.com/gardenpath/>

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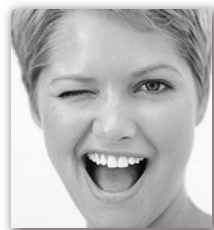
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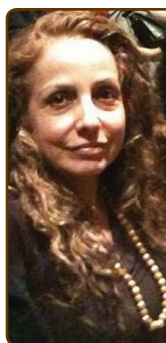
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Choosing our feelings

UNIVERSE WITHIN Gwen Randall-Young

SPIRITUALITY

The last great freedom of man is the freedom to choose his attitude under any given set of circumstances.

— Viktor Frankl, noted psychiatrist and Holocaust survivor

WHAT IS IT that determines how happy or content we are with life? Does it have to do with money, success, career or love? Perhaps it depends on health or our spiritual path.

While all of these things may play a part, we have all known people who are blessed in some or all of those ways and they are still not content. Are human needs that complex? Probably not.

Likely, for most, the happiest moments are the simplest: watching a sleeping child, playing with the dog or digging in the garden. Why do such moments feel so complete and perfect? It is because at those times we are com-

not choose the circumstances of our life or even the native abilities we possess, but we can choose how we think about them. Attitude really is everything. It is not about *what* we or others are; it is about *how* we are.

How do we do life? Do we do it like a mountain stream wending its way down the mountainside, moving gently around the rocks and trees in its path or are we continually crashing into things?

Do we reflect on nature and our place in it and the journeys we all share or are we busy trying to structure it all to align with our needs or desires? Granted, it is not easy to try and live soulfully in the midst of all the busyness and the demanding nature of modern life. It reminds me of when I was learning to play piano (as an adult) and at first I could not imagine how you could be doing different things

How do we do life? Do we do it like a mountain stream wending its way down the mountainside, moving gently around the rocks and trees in its path or are we continually crashing into things?

pletely in the moment and being in the moment means we are one with life and our own souls. It means ego is not running in the background with a constant commentary on how we are doing or analyzing what is right or wrong in the situation or our world.

Ego has myriad ways to keep happiness at bay. Ego needs *are* complex. Think of the things you hear others complain about. Generally, the complaints are about other people, the traffic, the weather and so on. When people, or the world, do not behave the way ego would like, it is defined as a problem. This creates endless frustration, worry, irritation, anger, disappointment and crankiness! This can become a lifelong problem, as we have no control over much of what goes on outside of ourselves. Ego seems to forget that it is not in control and does not have the right to determine or pass judgment on everything.

Of course, ego does not stop with what is occurring on the outside; it can also mount a running commentary on our inner lives. Ego may tell its owner they are not smart enough, generous enough, spiritual enough, confident enough or wise enough. No wonder life can seem like a struggle.

As Viktor Frankl suggests, we can-

with the left and right hands at the same time. With practice, however, somehow I was able to do it and it even began to feel quite normal.

In life, to deal with the practicalities and, at the same time, stay in tune with our soulful nature is our challenge. With 'one hand,' we must do the things that need doing and be responsible and deal with what comes up each day. With the other 'hand,' we must keep the 'melody' that is our soul's song. This requires that we access our inner observer, watching what the right 'hand' is doing, but not becoming too attached to that story.

After all, in the end we realize we were just passing through. Nothing was permanent, we were not in control and ultimately we have to let go of everything. To make our journey lighter, it might be a good idea to let go of much more as we go along.

Gwen Randall-Young is a psychotherapist in private practise and author of *Growing Into Soul: The Next Step in Human Evolution*. For more articles, permission to reprint and information about her books and "Deep Powerful Change" personal growth/hypnosis CDs, visit www.gwen.ca



Peace and understanding

A NEW EARTH Eckhart Tolle

THERE ARE MANY accounts of people who experienced that emerging new dimension of consciousness as a result of tragic loss at some point in their lives. Some lost all of their possessions, others their children or spouse, their social position, reputation, or physical abilities. In some cases, through disaster or war, they lost all of these simultaneously and found themselves with “nothing.” We may call this a limit-situation. Whatever they had identified with, whatever gave them their sense of self, had been taken away. Then suddenly and inexplicably, the anguish or intense fear they initially felt gave way to a sacred sense of Presence, a deep peace and serenity and complete freedom from fear. This phenomenon must have been familiar to St. Paul, who used the expression “the peace of God which passeth all understanding.” It is indeed a peace that doesn’t seem to make sense and the people who experienced it asked themselves: “In the face of this, how can it be that I feel such peace?”

The answer is simple once you realize what the ego is and how it works. When forms that you had identified with, that gave you your sense of self, collapse or are taken away, it can lead to a collapse of the ego, since ego is identification with form. When there is nothing to identify with anymore, who are you? When forms around you die or death approaches, your sense of Beingness, of I Am, is freed from its entanglement with form; Spirit is released from its imprisonment in matter. You realize your essential identity as formless, as an all-pervasive Presence, of Being prior to all forms, all identifications. You realize your true identity as consciousness itself, rather than what consciousness had identified with. That’s the peace of God. The ultimate truth of who you are is not I am this or I am that, but I Am.

Not everybody who experiences great loss also experiences this awakening, this disidentification from form. Some immediately create a strong mental image or thought form in which they see themselves as a victim, whether it be of circumstances, other people, an unjust fate or God. This thought form and the emotions it creates, such as anger, resentment, self-pity, and so on, they strongly identify with and it immediately takes the place of all the other identifications that have collapsed through the loss. In other words, the ego quickly finds a new form. The fact that this new form is a

deeply unhappy one doesn’t concern the ego too much as long as it has an identity, good or bad. In fact, this new ego will be more contracted, more rigid and impenetrable than the old one.

Whenever tragic loss occurs, you either resist or you yield. Some people become bitter or deeply resentful; others become compassionate, wise and loving. Yielding means inner acceptance of what is. You are open to life. Resistance is an inner contraction, a hardening of the shell of the ego. You are closed. Whatever action you take in a state of inner resistance (which we could also call negativity) will create more outer resistance and the universe will not be on your side; life will not be helpful. If the shutters are closed, the sunlight cannot come in. When you yield internally, when you surrender, a new dimension of consciousness opens up. If action is possible or necessary, your action will be in alignment with the whole and supported by creative intelligence, the unconditioned consciousness which, in a state of inner openness, you become one with. Circumstances and people then become helpful, cooperative. Coincidences happen. If no action is possible, you rest in the peace and inner stillness that come with surrender. You rest in God.

The core of ego

Most people are so completely identified with the voice in the head – the incessant stream of involuntary and compulsive thinking and the emotions that accompany it – that we may describe them as being possessed by their mind. As long as you are completely unaware of this, you take the thinker to be who you are. This is the egoic mind. We call it egoic because there is a sense of self, of I (ego), in every thought – every memory, every interpretation, opinion, viewpoint, reaction, emotion. This is unconsciousness, spiritually speaking. Your thinking, the content of your mind, is of course conditioned by the past: your upbringing, culture, family background, and so on. The central core of all your mind activity consists of certain repetitive and persistent thoughts, emotions and reactive patterns that you identify with most strongly. This entity is the ego itself.

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How to talk to be heard

by Claire Maisonneuve

“**H**E MAKES me so mad. She drives me crazy. I feel like I have to walk on eggshells. I’m so afraid around him. I feel so insecure around her.” Sound familiar?

When Suzie suggests to Roger ways to load the dishwasher, he smiles at her and feels amused, but when Lisa makes the same suggestion to Frank, he gets angry and makes a sarcastic remark.

When Trudy gets on a plane, she starts to feel afraid and panicky, while Charles, sitting next to her, feels relaxed, calm and excited to be getting away from it all.

Same scenario, different reactions. But what makes us feel the way we do? People, situations or events? The answer is none of them. Think of it this way. If circumstances, including what people do or say, create the way we feel, theoretically, everyone should have the same reaction in the same situation. But as the example above illustrates, that is not so. Why? Because between what you see and hear and the feeling that’s arising, another intermediate process is also happening at a blindingly fast speed: the story you tell yourself about what you just heard and saw.



This story is comprised of your interpretation, evaluation, judgments, assessment and the meaning you give to what you just heard or saw. It includes the why, how and what: the motive (why she said that), the judgment, (how that’s good or bad) and the meaning (what it means about me and what I am expected to do). For example, Frank’s story might be: “Lisa is just trying to control me by

telling me how and who I should be so she doesn’t think I’m capable.” Whereas, Roger’s story might be: “That’s just Suzie and this is important to her so I’ll listen.”

Once the story has run through your mind, it is immediately followed by a

INSPIRATION

tions you hold about yourself, the world and other people. Core beliefs are so fundamental to our identity that we almost never question them. We simply take them for granted. Some of our core beliefs are very conscious and we hear them in our heads daily. But others can be quite subconscious and we can only become aware of them through introspection.

We all hold both positive and negative core beliefs. Positive core beliefs about oneself might sound like, “I am worthy, competent, capable, good enough, lovable and deserving of success. I can trust my decisions. I can take care of myself.” Beliefs about the world might include: “The world is a place filled with opportunities. Everything tends to work out in the end. The sky is the limit.” Beliefs about others might be: “People are friendly and helpful. I can count on others. People will respect me. People are basically good.”

On the other hand, negative core beliefs might sound like: “I’m not good

Recognizing that your emotions are a product of your interpretations will also allow you to master your emotions instead of being held hostage by them. It will help you to see your choices.

feeling. Feelings manifest as sensations in your body and a shift in your breathing. For example, when angry, Frank may have felt his throat tightening, his blood pressure rising, his heart pounding and the rate of his breathing speed up.

Feelings don’t just come out of nowhere. They are not thrust upon you by others or events. They get triggered from your thinking. How you interpret events is based on your core beliefs – beliefs that are fundamental convictions or assump-

enough. I’m unworthy and I don’t deserve to have what I truly want. There is something wrong with me. My opinions don’t matter. My needs are not important.” Core beliefs about others might include: “I can’t trust anyone. No one else really cares in the end. No one will stay forever. I can’t depend on anyone else. I need to do everything myself.” Those about the world might be: “Life is a struggle. You always have to work hard to get what you want. I have to always be on guard.

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The other shoe can drop at any time. The world is a dangerous place."

Whether positive or negative, your core beliefs will dictate the type of story you tell yourself. For example, Frank's core beliefs might sound like: "I'm not good enough as I am. I can't trust myself." So when he hears Lisa's comment, he might take it as a personal assault. Roger's core beliefs, on the other hand, might be more along the lines of: "I can trust myself to say no when I need to and I know I am competent" so he doesn't take Suzie's comments personally or interpret her motives as anything negative towards him.

Core beliefs are entirely a product of your upbringing. While you may have been born with a tendency to think the glass is half empty or half full, you aren't born with these beliefs. Instead, the cumulation of your emotional and physical experiences during the earliest months and years of your life leads to the formation of your core beliefs. These experiences may include 1) The circumstances around your birth: was your birth planned? Were you wanted? Were you the gender your parents desired? 2) The political and cultural climate you grew up in; the family atmosphere, including whether there was safety and consistency or unpredictability, alcoholism, or early losses. 3) The messages you received from your parents about yourself, such as, "You can do anything you want. You are special. What's wrong with you? Children are to be seen and not heard."

So much has shaped how you think it's no surprise that some people may push your buttons. But who owns the buttons? And how does all this help you communicate and be heard?

The first step toward making sure you talk in a way that won't offend or turn someone off and allow yourself to be heard instead is to be aware of and accountable for your story. Owning your story doesn't mean discounting it or not talking about it. It simply means being willing to question it, explore it and talk about it in a responsible and respectful way with another. So often what you assume someone is thinking about you is actually what you believe about yourself. Otherwise, how else could you come up with that thought?

When you own your story, you realize that your feelings are not to be taken as the final and accurate truth upon which to base your reactions. Rather, recognizing that your emotions are a product of your interpretations will also allow you to master your emotions instead of being held hostage by them. It will help you to see your choices. Otherwise, if you believe, as many do, that your feelings result from circumstances or from what others do, you will feel like a victim.

Claire Maisonneuve is the director of the Alpine Anxiety and Stress Relief Clinic in Vancouver. www.anxietyandstressrelief.com

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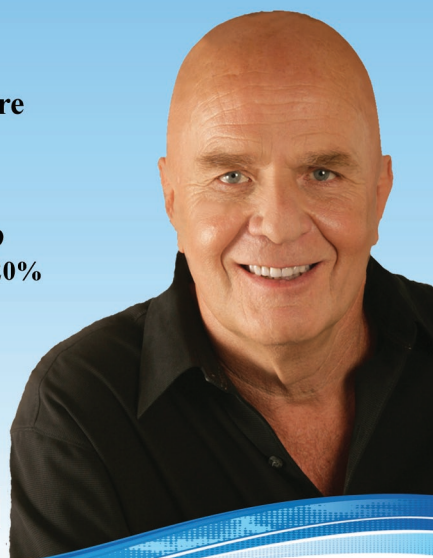
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Decadence

A meandering walk on the wild side

by Geoff Olson



collage by Peter Baranovsky

JUST AFTER receiving her Academy Award for best actress this past March, Sandra Bullock discovered her husband, Jesse James, had been cheating on her with multiple partners. The scandal was like a weird mix of Harlequin romance and an *Outer Limits* episode, with a dash of monster truck show. A Hollywood starlet weds a guy named after a western gunslinger and steals the crown of America's sweetheart from Julia Roberts, only to discover her man's cheating heart splattered across the national media. Worse yet, the principal target of hubbie's horn-dog hobbyism turns out to be a heavily tattooed stripper and model named Michelle "Bombshell" McGee, whose life story reads like a bad-trip inversion of Bullock's.

McGee had gone from being an Ohio honour student to an over-inked, west coast skank, plying her trade in the magwheel-and-leather social circle attached to Jesse James' motorcycle customization business. At first, the bike calendar shots of the stripper in Nazi garb seemed like show-and-tell distractions, playing to the domination-and-control issues of an arrested male audience. But it turned out Bombshell McGee was the real deal. Bloggers unearthed a photo of her young son next to a family refrigerator decorated with fridge magnets spelling out "White Power." The online celebrity trackers pointed out that Michelle had a W tattooed on one calf and a P on the other, which cemented her status as a skinhead wank fetish.

The tabloids had discovered the checkout-stand Holy Grail. On one side, the Oscar-winning darling of Mid-

dle America – a fixture of unchallenging, uncomplicated Hollywood films. On the other, a centrefold girl for a *Mad Max* subculture fixated on chrome, racism, sado-masochism and gothic porn. It didn't take much to inflate the scandal into a steel-cage death match between a Hollywood Madonna and a homewrecking ho, at least until Bullock took the high road and scraped Jesse James off her red-carpet pump. The whole sorry episode must have taught Bullock the risks of mating outside the Hollywood power complex and playing the odds with a more down-home brand of decadence.

Sophistication's twisted sister

The French actress Catherine Deneuve once marvelled at the paradox of American Puritanism, and how a nation that was once prepared to impeach its president for a sex act in the Oval Office is also the world's biggest producer of hard-core pornography. In the late nineties, the Starr Commission Report parsed Bill Clinton's high crimes against family values with the unbreakable focus of a kid clutching a flashlight and a copy of *Hustler*. The document was dirty in a way that Saving Ryan's Privates, Schindler's Lust, and Das Booty never could be.

Decadence is a tricky word. I got thinking about it recently, after a friend emailed me about an article in a local paper featuring the porn star "Mz. Scream," who stated that adult entertainment is "almost an essential service." My friend referred to another item in the same paper, which noted how a "roaring 20s-era party rages with decadent fun" over at a Vancouver community centre. "My, my. Hasn't the human race evolved," he concluded.

I replied that I've got nothing against any kind of fun between consenting adults, as long as it doesn't hurt small animals. I added that decadence has multiple definitions: according to the Oxford dictionary, the primary meaning is "moral or cultural decline, especially after a peak or culmination of achievement." The secondary meaning is "luxuriant self-indulgence," which, for most of us, means anything from a third scoop of Häagen-Dazs ice cream to a lost weekend in Las Vegas. In its stronger form, decadence is sophistication's twisted sister – a tattooed train wreck eclipsing a silver screen starlet.

As for the mainstreaming of adult porn as something cute but countercultural – which seemed to be the point of the article on Mz. Scream – I could see it falling under either definition of decadence, or both. But it's all in the eye of the beholder. For some, legalized adult entertainment is the best test case for free speech. For others, it's part of the coarsening of cultural discourse, a decades-long, slippery slope from risqué auto calendars down into the sewers of celebrity sex tapes, bondage bars and chat roulette.

There's a gradient from literary erotica to violent, abusive porn, fuelling arguments about how much adult entertainment damages women and where to draw the line. In any case, one person's touchstone of moral decline and civic desensitization is someone else's cultural landmark, whether it's a new reality television show or a rubber fetish night.

Personally, I'm more concerned with the less obvious, spiritual forms of pornography. How are children transformed in a culture of celebrity, in which relationships are commodified and too many adults know the cost of everything but the value of nothing?

Disordering the senses, Ozzy style

According to the *Norton Dictionary of Modern Thought*, decadence was an offshoot of the 19th century symbolist and aesthetic movements, "arising from the bohemian protest against bourgeois society in France from the 1840s onward." French writer Gustave Flaubert, defending what some considered bad habits, insisted "the poet makes himself a seer by a long, intensive and reasoned disordering of the senses." He might have meant a night out at the Folies Bergère and a few shots of absinthe, for all I know.

Regardless, 19th century tips on thinking outside the box probably aren't relevant for 20th century writers past the age of forty. With my sensitivity to sugar and caffeine, "disordering my senses" usually means having a cup of hot chocolate after eight PM. I'm not what you'd call an expert on living on the edge. Without inflating my nasal spray addiction into a life-shattering chemical dependency, or fictionalizing myself doing sambuca shots out of Bombshell McGee's pierced navel, my catalogue of hardcore adventures would make for a pretty slim read.

That being said, my autobiography as a budget sensualist would likely impress a reader from Haiti, Darfur or North Korea. Three square meals a day? A computer with a high-speed Internet connection? Shelter that doesn't leak, crumble or blow away? Cheap medicine? Unimaginable luxury!

In spite of all my First World blessings, I draw a blank when I try to imagine the sense-disordering lifestyle of certain celebrities – for example, rock star and future Smithsonian museum specimen Ozzy Osbourne. In one

eighties anecdote that doesn't involve biting off the head of a live bat, the rock singer was partying by an LA poolside with the accurately named Motley Crue, when he asked Nikki Sixx for line of coke. The Crue bassist had no blow, so in a bid to out-gross the infamously degenerate band, Ozzy produced a straw and leaned down to the ground to snort up a line of ants. "He put the straw to his nose and, with his bare white ass peeking out from under the dress like a sliced honeydew, sent the entire line of ants tickling up his nose with a single, monstrous snort," observed Sixx in the Motley Crue tell-all, *The Dirt*. "From that moment on, we knew there was always someone who was sicker and more disgusting than we were."

For a more entertaining rock n' roll deathstyle, I prefer the fictional performer in Douglas Adams' 1980 novel *The Restaurant at the End of the Universe*. Hotblack Desiato is leader of the rock band Disaster Area, billed as the loudest band in the universe. Fans must listen from a distance of at least 37 miles away, safely sequestered in a concrete bunker. Desiato doesn't say much in the book, since he's only marginally alive. In fact, he once spent a year completely dead, "for tax reasons."

Creativity, madness and wretched excess have more than a nodding acquaintance. Hence the notion that rock music is a degenerate form of shamanism. In primitive societies, the shaman is the tribal healer. He dresses in colourful garb and initiates visionary episodes through fasting, extended isolation or drugs. His trance-induced chanting and singing is part of a psychospiritual operation, intended to heal a sick tribal member. In contrast, an arena-filling rock musician performs a cathartic routine before a community of fans, amplifying and extending his or her voice through hi-tech wizardry. Shamanism has evolved (or devolved, if you prefer) into showmanship.

For rockers and the rest of us, the road of excess is more likely to lead to rehab, rather than to the palace of wisdom – but the wreckage along the way sometimes includes some great music and art. On a larger scale, corporate excess usually heads toward either Chapter 11 or a government bailout – while spinning off new material for inflamed bloggers and journalists. At the national level, the road to excess is often an eight-lane expressway to all kinds of bad craziness, including war – something that's always good for Tom Hanks films and other forms of business.

Gambling dens and gushers

If the example of Ancient Rome still holds, the two principal definitions of decadence, "moral and cultural decline" and "luxurious self-indulgence" are close relations. The over-consumption and self-absorption promoted by monopoly capitalism foreshadow depression, and not just in the economic sense. The recent US housing market scam, with NINJA loans (No Income, No Job, No Assets) sliced and diced into Ponzi-scheme derivatives, was no historical anomaly, but just another talked-up bubble. Generational boom and bust cycles are always in the cards, through overproduction and surplus labour.

"If allowed to run free of the social system, capitalism will attempt to corrupt and undermine democracy, which is after all not a natural state," wrote Canadian author John Ralston Saul. That is a slight variation of the Marxist definition of decadence, in which the inner contradictions of capital were expected to lead to its demise, summed up in the line "a capitalist is a man who will sell you the rope to hang him with."

Your consciousness is conditioned by your times and the personal is the political, as activists like to say. Leonard Cohen's scathing song about decadence, *The Future*, traces the arc of power games from the bedroom to the boardroom, by putting sexual domination and untruth side by side with cultural/ecological collapse: "Give me

absolute control over every living soul /And lie beside me, baby, that's an order! /Give me crack and anal sex /Take the only tree that's left and stuff it up the hole in your culture."

But you don't have to recall Leonard Cohen's lyrics, or follow Marxist-Leninist boilerplate, to see something both sick and sickening with late-era capitalism, with its rabid privatization of profits and socialization of losses. I see it just outside my own door in Vancouver. With British Columbia boasting the highest rate of child poverty in Canada, and the public education system going begging for dollars, what else could anyone peg Vancouver's upcoming half-billion dollar casino/stadium with a retractable roof, other than balls-to-the-wall, damn-the-social-contract 'decadent'?

"Look at the history of civilization, the history of economics, even biblical history, and you will see what it means when a state begins to finance itself by encouraging people to gamble," observes Ralston Saul. Some may claim it's the right of democratic citizens to freely gamble, but it's another matter entirely when the governments "set out to use the tools of the public good to corrupt citizens." Some of the gaming revenue, generated from those most likely to be seduced, goes into government coffers – yet experts have found solid links between gambling and depression and suicide. Ergo, government-supported gambling makes for a public policy Mobius strip, in which the revenues for gaming are used to undo some of the damage done by rolling the bones.

A Vegas-style casino in Vancouver's downtown core is the public policy equivalent of a children's hospital with a McDonald's or Chuck E. Cheese on its premises. You'd think the brains at the BC Legislature would recognize this essential truth, but our provincial capital has a long history of welcoming gamblers. Victoria was once one of the far-off outposts of the British Empire where

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likely to lead to rehab, rather than to the

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upper-crust families sent their delinquent relatives. When a son's gambling, drinking and whoring habits created image problems for the clan, the "remittance man" was given a stipend and booted halfway across the world to dry out at the Queen's coastal namesake.

Yet compared to our neighbours to the south, we're pikers when it comes to full-on, raid-the-public-purse decadence. After BP's oil spill in the Gulf of Mexico, reporters discovered that employees of the Minerals Management Service, the US body tasked with inspecting oil industry megaprojects, were being bought off by sexual favours and cocaine. And if that's not Ozzy enough, the Gulf gusher is expected to flow freely into August, making the White House resemble a subsidiary of Big Oil, led by a figurehead president who might as well be an automobile hood ornament. We're obviously not talking about a sustainable way of life here.

Readers hardly need me to multiply examples of cultural decadence and its negative return on investment.

Rather, I'm interested in how the ending of a culture implies the beginning of a new one. And if we pay attention, we can already see the first green shoots emerging through the asphalt.

Impermanence and how the light gets in

Consider Detroit. Once America's car-making capital, the Illinois berg has spent the last two decades on a downward trajectory, along with many other cities in America's deindustrialized rustbelt. Entire city blocks are empty in Detroit and trees have erupted through the roofs of vacant homes in abandoned neighbourhoods. Pheasants and deer wander among the rusting towers and ruined factories as nature reclaims this former industrial dynamo.

The film *Red State Road Trip 2* highlights the upside of this collapse: after years of urban flight, people are returning to Detroit and buying up fire-sale properties. Since there are no longer any regional or national chain supermarkets in the city, the residents are ensuring their own food supply through urban agriculture. Huge gardens have sprung up in abandoned lots; people are growing grapes, blackberries, asparagus, currants, and more. Every fall, honey is gathered from urban growers' beehives.

"I think Detroit could be the first 21st century, green, sustainable city in the United States," says Craig Wilkins, director of the Detroit Community Design Centre. "All the elements are here. We have over 40,000 vacant lots in Detroit alone." Years ago, the Illinois city emerged in a shower of welding sparks as the automotive Oz of America's fossil-fuel age. Now, after its long decline, Detroit could blossom into a showcase for the post-oil, small-footprint economies of the near future.

Decadence and decay may foreshadow final events, but they are also transitory states, by definition. A Canadian public figure with rather decadent personal habits once said to me, "History has always been about how men build and destroy, build and destroy, build and destroy. And women always get to clean up the mess." It's certainly true that things have been building up and breaking down since the time of Agamemnon – or even further back, since the first amoeba. Evolution is impossible without living things dying and/or being consumed by other living things. There is no eating without killing, no growth without decay. Creation and destruction are two sides of the same coin, like back and front or light and darkness. No one gets out of this life alive – but that doesn't mean we should glory in a kick-ass, what's-in-it-for-me philosophy, or meekly follow smooth-talking psychopaths off the corporate cliff.

Living in a dualistic realm, where Murphy's Law rides shotgun for the Second Law of Thermodynamics is maddening and saddening in equal parts – but as Leonard Cohen once wrote, everything has a crack in it, and that's how the light gets in.

After a talk with a relative who recently suffered a heart attack, I emailed him a letter of appreciation for our connection over the years. Like me, his record of personal decadence is a bit spotty – a bit too much Boston cream pie and Snickers bars, mostly. His reply included a wise observation on how best to conduct oneself in an uncertain world, full of chaos and craziness:

"Life is a long series of close calls and, eventually, one of them is just a little too close to ignore. We all tend to operate under the assumption that we're in a permanent state of existence here on Earth. The reality, though, is that nothing in this universe is permanent. We're all just participants in an eternal, cosmic dance. All we can do is dance on, with love and compassion in our hearts for the fellow beings who share the dance with us."

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Biofuels Backfire

hasty approach will impact environment, food production

ENVIRONMENT

by Lucy Sharratt

Action Network joined with a number of other groups, including the National Farmers Union and international development groups, to present a six-city tour of speakers from Asia, Africa and Latin America on the impacts of biofuels on food, farming and human rights. The “Crops, Cars & Climate Crisis” tour may have been the first time that biofuels were debated in Canada, but the government’s Renewable Fuels Bill was about to be passed nonetheless.

By the time the Senate approved Bill C-33, it was clear the implications of biofuels were little understood. In fact, the Senate attached “observations” to the Bill for this reason, suggesting “any new information that is available prior to regulations being proposed is taken into consideration before such regulations are promulgated.”

The “biofuels mandate” is key to the Harper government’s climate change strategy even as the role of biofuels in cutting greenhouse gas emissions is widely contested. In addition, there are many questions about other environmental impacts. In early January of this year, Environment Canada announced it had commissioned a new study to come up with environmental benchmarks for biofuel production. “Experiences in the US and Brazil now suggest that existing biofuels production facilities are responsible for the generation of a range of new air and water-related problems as well as recent concerns over human health,” the ministry reported. “Based on global production levels from the past three years alone, there is now evidence of implications to the environment from biofuels-based ethanol production facilities.” (Canadian Press, *Ottawa Takes a Hard Look at Biofuels*, January 9, 2010).

Although the report was due on March 31, it has yet to be seen. Despite the missing study, the biofuels regulations are now heading for publication, unless the Minister of Environment decides otherwise. Environment Canada is not providing any information about the study, but suggests instead that inquiries should be made through Access to Information requests.

Life-cycle analyses of biofuels produce varying results, some negative and others positive. An important study conducted by the Swiss Institute Empa analyzed more than four fuel types (bioethanol, biomethanol, biodiesel and biogas) utilizing over 30 feedstocks (Rainer Zah et al. *Empa, Life Cycle Assessment of Energy Products: Environmental Assessment of Biofuels*, 2007). Empa found that while some biofuels reduce GHGs, the trade-offs can be significant in terms of other ecological impacts. The study concluded that most of the negative impacts were due to the agricultural production of raw materials (feedstocks). Those fuels that had the worst ecological balance in comparison to fossil fuels were ethanol from corn, rye and potatoes and biodiesel from soy and canola. In Canada, corn (in the East) and wheat (in the West) are the primary feedstocks for ethanol production.

Agriculture is already responsible for approximately 14 percent of global greenhouse gas emissions. Growing corn on a large scale, for example, uses a lot of water, fertilizer – made from fossil fuels and releasing the powerful greenhouse gas nitrous oxide – and pesticides. Two-thirds of the biofuels life-cycle studies reviewed by the United Nations Environmental

cont’d pg. 34...

IF THE NEW “Renewable Fuels Regulations” are implemented this year as planned, all of our fuel will soon contain a mandatory amount of biofuels. The period for the public to comment on the regulations ended in early June and despite serious questions about the real costs and impacts, which have gone unanswered, the regulations could be published this summer.

For a brief time, biofuels were widely celebrated as a green solution in the fight against climate change, with governments throughout the world leaping to subsidize the new industry. However, as a result, world food prices rose dramatically and local and global land conflicts came into sharp view. Now it seems that the environmental and economic consequences of the rush to capitalize on a ‘green’ fuel could ultimately be the exact reverse of what was promised.

as a clean energy superpower.” At that time, biofuels were the new “technological fix” to global warming, yet only months later, their real environmental impacts were hotly disputed around the world and they were widely recognized as being responsible for the global food crisis.

Biofuels for Canada rushed forward

The Renewable Fuels Bill (Bill C-33) amended the Canadian Environmental Protection Act and gave the federal government the mandate to develop and implement new regulations to require five percent average renewable content in gasoline by 2010 and two percent average renewable content in diesel and heating oil by 2012. The Bill was passed in June 2008 at the height of the global food crisis, thanks largely to the Canadian Renewable

When one takes into account the deforestation and massive use of pesticides and fertilizers for growing the biomass needed for agrofuel production, the environmental benefits are zero. – Michael Casey, executive director of Development and Peace

Our government promotes the production of fuel from biomass as a way to cut greenhouse gas emissions and reduce our reliance on fossil fuels. At the same time, biofuels are touted as a way to create new economic activity, including the creation of new or stronger domestic and international markets for farmers. Canada’s Agriculture Minister Gerry Ritz summed up the promise of biofuels when the government introduced the initial “Renewable Fuels Bill” in late 2007, just before the UN Conference on Climate Change: “Our government understands the desire of Canadians to do their part to deal with climate change and we know increasing the renewable content in our fuel is going to put a real dent in greenhouse gas emissions. Renewable fuels also have the potential to create new markets and economic incentives for Canadian farmers – that is why we have made biofuels development such a high priority.”

The Harper government positioned biofuels as a tool to help meet its commitment to reduce domestic greenhouse gas (GHG) emissions by 20 percent below the 2006 level, by 2020. The government described the “Renewable Fuels Bill” as “proof of the real action we are taking here at home to promote biofuels and Canada

Fuels Association and its close ties with government, ties that were detailed in an article published in the *Globe and Mail* entitled *A Lobby Machine That Runs on Ethanol* (May 30, 2008).

At the time of the Senate hearings that would ultimately pass the Bill, biofuel was such a new concept and there was so much new and contradictory information that environmental and social justice groups were barely able to address the issue. Every week, new studies emerged about the environmental, social and economic impacts. In Canada, a lot of data was missing and many numbers were contradictory. The big question of how Canada related to the conflict globally remained unanswered.

The price of staple crops had risen dramatically: wheat prices rose by more than 100 percent, corn by 66 percent and the cost of rice doubled. Global grain stocks were at their lowest since records began in 1960. According to the World Bank, three quarters of the food price increase worldwide between 2002 and 2008 was due to agrofuels. This was partly because agrofuels production led to low grain stocks, large shifts in land use, speculative activity and export bans.

In March of 2008, the Canadian Biotechnology



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Vancouver City Council has approved the implementation of the first phase of a food scraps collection program for single-family residences.

Why is the City of Vancouver starting this collection program?

About 35 percent of garbage from single-family residences is comprised of compostable food scraps and remains, a large source of landfill-generated greenhouse gases. Composting keeps thousands of tonnes of organic materials out of landfills every year and produces a valuable resource.

When will food scraps collection start?

Curbside collection of food scraps began on April 22.

Who will be able to take advantage of this program?

Residential homes that currently receive City recycling, yard trimmings and garbage collection services.

Will apartment dwellers and businesses be able to take advantage of this program in the future?

The City is working with Metro Vancouver to develop plans for expanding food waste collection and composting to multi-family residential and commercial properties. Please visit vancouver.ca for updates.

What food scraps will be collected?

In phase one, fruit and vegetable scraps, tea bags, and coffee grounds and filters will be allowed.

In phase two, scheduled for early 2011, all food scraps (fruits, vegetables, meat, fish, dairy, bread, cereal products and food-soiled paper) will be allowed.

What container should food scraps be deposited in for collection?

Food scraps should be deposited in your yard trimmings cart with your yard trimmings.

How often will the City collect food scraps?

In phase one, combined food scraps and yard trimmings will be collected bi-weekly as per your current yard trimmings collection schedule. In phase two, it is expected that food scraps and yard trimmings will be collected weekly and garbage will be collected bi-weekly in order to minimize odours and insects from decomposing meat, fish and dairy scraps.

Is there a cost for this service?

There will be no change to the cost of collection services in 2010.

Where can I get more information?

The City will be providing more detailed information over the next couple of months. Please visit vancouver.ca for updates.

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Species loss a silent epidemic

SCIENCE MATTERS David Suzuki with Faisal Moola

SCIENTISTS WARN that the twin threats of climate change and wildlife extinction threaten our planet's life-support systems, including clean air, clean water and productive soil. Awareness about the causes and consequences of climate change is growing, leading some governments to look for solutions in areas such as clean energy. Species extinction, however, has gone largely unnoticed by government leaders.

In an article in the *Guardian* newspaper, France's ecology secretary and the World Resources Institute's vice-president of science and research argue that "unlike the impacts of climate change, biodiversity – and the ecosystem services it harbours – disappears in a mostly silent, local and anonymous fashion.

reducing biodiversity loss as required under an international treaty called the Convention on Biological Diversity that most nations, including Canada, have signed. However, the UN has admitted that governments have failed to meet the treaty's objectives "to achieve by 2010 a significant reduction of the current rate of biodiversity loss at the global, regional and national level..."

Despite our collective failure to meet the 2010 biodiversity target, countries are preparing to negotiate new global targets to slow the rate of biodiversity loss. A flurry of international activity is now underway that will include a special session of the UN General Assembly on the biodiversity crisis in September.

It's easy to be skeptical about the effect

Some 17,000 plants and animals are facing extinction, including 12 percent of birds, nearly a quarter of mammals and a third of amphibians.

This may explain in part why the devastation of nature has triggered fewer alarm bells than a hotting-up planet."

Sadly, this is true. Unlike the devastating forest fires, deadly heat waves and violent storms that have ravaged the planet as a result of climate change, the disappearance of plants and animals seems only to get the attention of politicians when it results in serious economic and social upheaval – such as when over-fishing led to the collapse of cod stocks in Atlantic Canada.

The unravelling of food webs that have taken millennia to evolve is happening all around us. With every patch of forest cut, wetland drained, or grassland paved over, our actions are destroying wildlife habitat at an unprecedented rate.

Scientists warn that we are in the midst of a human-caused, catastrophic wildlife crisis. Of the species we know about, some 17,000 plants and animals are facing extinction, including 12 percent of birds, nearly a quarter of mammals and a third of amphibians. Some of the species most vulnerable to human impacts are iconic, well-loved creatures; of the eight distinct bear species that grace our planet, six are now in serious trouble, including sun bears, pandas and polar bears.

The response of our leaders has, for the most part, been abysmal. The United Nations has declared 2010 the International Year of Biodiversity. Countries are now reporting on their progress in

these negotiations will have on protecting life on our planet, given the lack of meaningful progress so far. But one recent outcome of the global biodiversity talks gives us hope. Government negotiators from around the world just met in Busan, South Korea, where they approved the creation of a global science body that will inform government leaders on major biodiversity declines and to identify what must be done to reverse these damaging trends.

This global Biodiversity Scientific Body will be modelled on the Intergovernmental Panel on Climate Change (IPCC), which, through science, has catalyzed worldwide understanding and action on global warming.

Despite the efforts of huge multinational oil companies to discredit its work, the IPCC has compiled the best available science on the causes and impacts of global warming, as well as charting the most effective ways for us to solve the problem. In doing so, it has ensured that climate change has remained a priority for governments and has proven to be an invaluable tool to help the media understand and report on the issue – independent of politics or PR spin. We hope the newly created "IPCC for Nature" will play a similar role in educating, inspiring and mobilizing policy-makers and the public to take decisive action to stem the biodiversity crisis.

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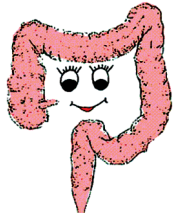
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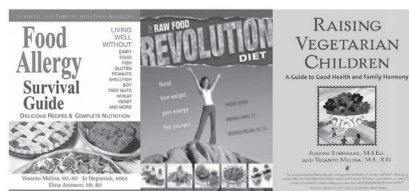
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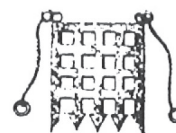


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...Drug Bust from p. 9

users. Other unpleasant side effects you might see are sleep disturbances, sexual dysfunction, depression, confusion, short-term or "working" memory loss and transient global amnesia.

Another concern is an increased risk of diabetes. The medical journal *The Lancet* reviewed several major statin studies and found that the drugs increase the risk of developing type 2 diabetes, on average, by nine percent. That's not good.

What if I stop taking my statin?

If you are like Dave and stop taking your statin, you'll be considered normal because many people cannot tolerate statins. For Dave, his sore leg muscles couldn't be explained away by training hard. In fact, athletes have a very low tolerance for statins because of the muscle-weakening thing. In the real world, the number of people who stop taking the drug is huge; one study found that a third of patients quit their statin within a year and within two years, two-thirds of patients will quit. Basically, it's "normal" to quit taking your cholesterol-lowering drug.

What else should I do?

Even the cholesterol guidelines say lifestyle changes can exert a much more profound effect on the length and quality of one's life. The key to maintaining your cardiovascular health and avoiding the risk of a heart attack or stroke is consistent: don't smoke, eat well and exercise regularly. If you are still con-

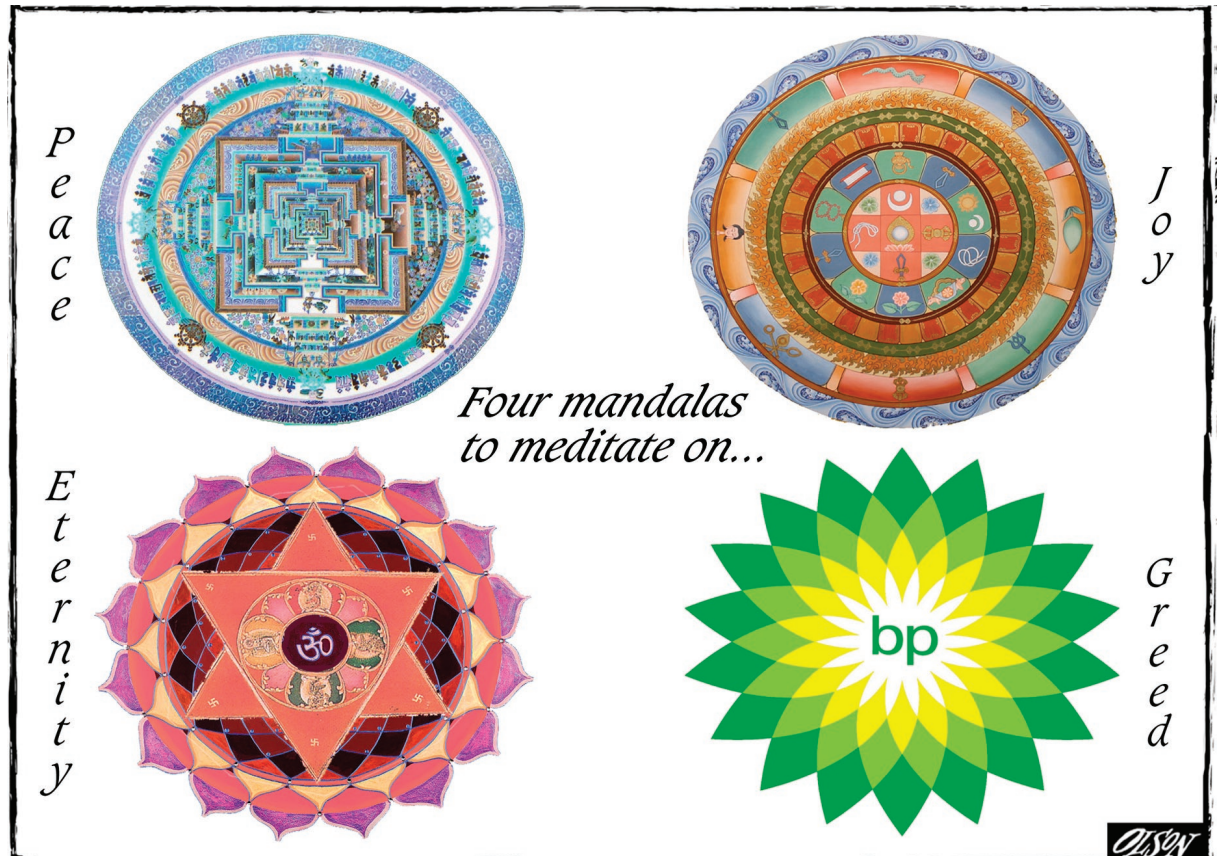
cerned about your cholesterol (LDL specifically) and are worried about your future risk of heart attack or stroke, your physician should be able to explain the kind of benefit you might expect by taking a statin.

To the Daves of the world, I only have one bit of

advice: "Say know to statins!"

Alan Cassels is a drug policy researcher at the University of Victoria and the author of The ABCs of Disease Mongering: An Epidemic in 26 Letters.

Peace *Joy*



Four mandalas to meditate on...

Eternity *Greed*

bp

ALSON

...Whales from p. 4
would be available.

The *Sunday Times* reporter asked the Tanzanian official, "So you think the other countries' representatives are set up with prostitutes from Japan?" The official answered, "Yes, you know, yeah... it starts by... 'You want massaging? It's going to be free massaging. Are you lonely? You don't want any comfort?'"

Both the Associated Press and the Australian Broadcasting Corporation have previously aired stories in which Japanese officials have stated there is nothing wrong with using overseas development aid to buy votes. However, this is the first time prostitution and cash payments have been added to the list of bribes.

I learned the present Chair of the IWC has also received money from the Japanese. The Chair actually confirmed his flights and hotel were paid for by them, yet the NGOs would not call for his resignation. I noted to the NGO that this Chair was obviously in a compromised position and that he controlled the entire conference. When I asked why they would not ask for his resignation, the answer was, "It is better to know the devil you know than to get a new devil that you don't know."

After only two hours on Monday morning, the Chair stated, "We are now breaking into secret sessions to discuss the consensus proposal and we will be adjourning to Wednesday morning."

The consensus proposal called for the approval of commercial whaling

in the Southern Ocean Whale Sanctuary and other places at a fixed limit of about 1,300 whales per year for 10 years – a harvest of 13,000 whales. A whaling phase-down would follow, (not a phase-out). In other words, kill whales now for 10 years, in the hope that after 10 years we would start saving whales. Kill whales to save whales, sort of like fighting for peace. All this was happening behind closed doors with media and NGOs waiting for the verdict.

On Wednesday morning, it was clear the "deal" was dead. Chairman Livingstone, in his opening remarks, which reviewed the 10 intercessional meetings held since the Commission met in Alaska three years ago, as well as the work completed over the last two days, quickly revealed that many differences between parties remained unsettled, trade and "scientific" whaling among them. The process had been useful in that exchanges had been cordial and frank, but no consensus had been reached. Japan led off the commentary, saying it was willing to compromise to some extent, but unwilling to commit to zero after 10 years of legal whaling in the Antarctic.

On the edge of the Sahara Desert, the great whales were given one more year of reprieve. Japan is again in the position of violating the ban on commercial whaling and killing whales within the Southern Ocean Whale Sanctuary. The Japanese state they are killing whales for scientific purposes, yet not one peer review scientific paper has been published. Furthermore, they have never answered the question why it is necessary for them to kill whales for research when the world's scientific community has been employing non-lethal DNA research for more than 20 years.

Despite an international moratorium on commercial whaling established in 1982 and a huge whale sanctuary surrounding Antarctica, roughly 2,000 whales are killed each year, including endangered and vulnerable species. More than 35,000 whales have been killed since the moratorium began.

Australia is preparing its court case against Japan in the International World Court in The Hague, for whaling within a sanctuary and selling their whale meat. If it wins, it will have the moral right to slap tariffs on Japan. Japan may have a bigger navy than Australia, but Japan's economy is on the ropes; the prime minister likens Japan's economy to Greece. A trade war would definitely increase the cost to

defend Japanese whaling to a \$2 billion+ enterprise. Economics will play a significant role in abolishing whaling industry.

I hope the United Nations creates a navy to enforce the many laws in place for the protection of the great oceans. There is also a need to enforce governance issues, such as buying votes. Diplomats should fear jail sentences in cases of bribery. The IWC, in order to maintain credibility with the world, must investigate and take action to stop such blatant usurpation of the Commission's integrity.

As for the age-old question of whether or not mankind is an instrument for good or evil, a real battle ensued at the IWC and the profoundest changes took place within a short time frame. Yes, we beat back what amounted to a ridiculous proposal to legalize commercial whaling. Meanwhile, more than 20,000 dolphins and porpoises and 2,000 large whales are slaughtered every year. Many other eco-battles lie ahead and I hope that all good people step forward and take an active role in saving our natural world from greed.

Let's make mankind an instrument for good. There was a real battle here, where profound changes took place within a reduced time frame. Whales are a symbol of life on this planet. If we save the whales we save the humans. Fortunately the good side has won for now. Lets keep it that way. Get involved.

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Rod Marining is a co-founder of Greenpeace International. He has sailed into nuclear test zones and has disrupted Antarctic whaling on the Sea Shepherd.



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Shakespeare at war

Dr. Paul Budra interview

by Diana King and Joseph Roberts

Shakespeare included numerous elements of war – battle scenes, fear of invasion, civil insurrection, even reminiscences of military feats – in an astonishing number of his plays. Simon Fraser University's Dr. Paul Budra leads a forum on Shakespeare at War at the Bard on the Beach Shakespeare Festival (see end of article) where the following plays are being staged this season: *Much Ado About Nothing*, *Antony and Cleopatra*, *Falstaff (Henry IV, I & II)*, and *Henry V*. Dr. Budra is the associate dean of the Faculty of Arts and Social Sciences at SFU. He teaches Shakespeare and early modern literature and has published articles on Renaissance literature and contemporary popular culture.



What do his plays and characters say about the consequences or outcomes of war?

This comes out most clearly at the end of *Henry V*: King Henry promises his troops, in the famous St. Crispin's Day speech "...he today that sheds his blood with me / Shall be my brother; be he ne'er so vile." He imagines a future in which the survivors of the coming battle will proudly show their wounds and brag of their deeds on this day. But after the battle, Pistol is beaten and tells the audience he will return to England to become a thief. And Falstaff's description, in *Henry IV, I*, of pressing men into combat and then dismissing them as "food for powder" is ominous. So Shakespeare acknowledges both the glamour of war and its dire consequences, especially for the lower classes.

If Shakespeare had experienced today's wars, what would he be writing about regarding the theme of war? How much has the human element of war changed?

I think the big change in modern warfare is the advent of high technologies that allow for a disassociation between the warrior and the victim. Most killing in Elizabethan battles was done close up. Yes, there were the famous English long-bow archers and, yes, there were cannons but most battles were won with hand-to-hand combat. In fact, this was often seen as more honourable than long distance fighting. There is an example of this in *Henry IV, I*, in Hotspur's story of the gentleman on the battlefield who thinks "vile guns" are cowardly. If Shakespeare were writing today, he might focus on the human impact of the new technologies of war.

Did Shakespeare have any concept of peace?

Well, the obvious answer is absence of war. *Much Ado About Nothing* is about the romantic adventures of soldiers who have just left the wars. If I had to guess, I'd say the various pastoral scenes in Shakespeare reflect his idea of peace. He was, after all, a country boy.

Shakespeare at War forum: Monday, July 12, 7:00 PM. Bard on the Beach Mainstage Tent, Vanier Park. Tickets \$10. Call 604-739-0559 to order or visit bardonthebeach.org Sponsored in part by Common Ground.

Which qualities of human character did Shakespeare focus on within his treatment of war in his plays?

Pretty much all of them. You have a character like Hotspur who finds war a glamorous adventure that will allow him to gain honour. You have a Falstaff who sees war as a way to make money. There are commoners who just wish they were home and soldiers who question whether the cause they are fighting is just. Then there are politicians like Henry V who use war as an extension of policy. Bravery, cowardice, cruelty, stupidity, nobleness – they're all there in Shakespeare's depictions of men at war.

CULTURE



Alessandro Juliani as Henry V at Bard on the Beach. Photo by David Cooper.

The wages of war

There were numerous wars in Shakespeare's lifetime, including an intermittent religious war in France between the Catholics and the Huguenots (Protestants) spanning from 1562 to 1598 AD. England, as a Protestant country, followed this conflict with interest. The most notorious event of this war was the St. Bartholomew's Day massacre in 1572, in which Catholics went on a rampage in Paris and killed between 5,000 and 30,000 Huguenots. Christopher Marlowe, Shakespeare's great contemporary, subsequently turned the event into a play.

Yet another protracted war raged between Spain and the Netherlands from 1566 to 1648. Initially a war over taxation, it became largely a religious war. The English became involved, recognizing Holland and sending Robert Dudley, Earl of Leicester, along with an army to help govern the country. The Dutch quickly turned against the English.

The two most important military events came later. In 1588, Phillip II of Spain, who had been married to Elizabeth's older sister, Mary, launched the Armada, the greatest naval fleet since antiquity, on a mission to reclaim England, bring it back to the Catholic Church and kill Elizabeth the "bastard queen." Bad weather and the nimbleness of the English ships defeated the invasion, however. For years afterward, there were periodic panics on the English coast whenever rumours of another Armada invasion circulated.

The second major event was the war in Ireland, which the Irish dubbed the Nine Years' War (1594-1603). Ireland had officially been under the dominion of England since the 12th century, but, by the 16th century, England had very little control over that island. After the Armada, Phillip of Spain sent troops and supplies to aid the Irish rebels. In 1601, 4,000 Spanish troops landed in Kinsale (near Cork) and the Irish rebels, led by Hugh O'Neill and others, used this moment to launch a major rebellion. The English responded with force. Up to 18,000 English fought in Ireland, making Ireland the largest battlefield of the Elizabethan era. The rebellion shows up in Shakespeare's *Henry V*, in the chorus at the beginning of Act 5: "The general of our gracious Empress . . . from Ireland coming." This may refer to the Earl of Essex, who led a disastrous Irish campaign in 1599 or it may refer to Lord Mountjoy, who led a successful campaign a few years later.



Who will really benefit from a digital strategy?

CULTURE

INDEPENDENT MEDIA Steve Anderson and Reilly Yeo

YOU PROBABLY haven't heard about it, but, as you read this, the government is in the final days of its efforts to gather input from Canadians about the country's digital future. At a major conference on May 10, with tiered levels of access to leaders in industry and government, Industry Minister Tony Clement announced a 60-day consultation on a digital economy strategy.

The consultation, which runs until July 9, will inform government policy around key issues, such as media ownership, Internet openness, broadband access, cell phone rates and competition, support for digital media production and much more. Clement's choice to announce the consultation at an industry conference seems appropriate, considering the audience the process appears to be targeting.

What about society?

To frame and inform the consultation, the government produced a paper outlining the key issues it intends to address. The document is narrowly framed in the language of efficiency and competition, which speaks to the government's approach to digital policy: the empha-

sis is on "maximizing reliance on market forces," through protection of the "legitimate interests" of Internet service providers and other industry players. According to the government's website, "it is business that must lead the charge and execute the game plan."

There's a reason and also now clear evidence as to why the government only began this consultation after getting its marching orders from a series of closed-door meetings with industry groups. It appears the government believes that what's best for Canada's business community, or rather big business, is best for Canada. Why else would it choose to call it a digital economy strategy rather than a digital society strategy? Does digital policy not have social or cultural implications?

Narrowing the public

The easiest way to figure out whom the government wants to hear from in this consultation is to look at the questions being asked. For example, one of the main questions participants are asked to respond to in the consultation is "What would a successful digital strategy look

like for your firm or sector?" Another key question is "What would best position Canada as a destination of choice for venture capital and investments in global R&D and product mandates?"

Does the government expect average Canadians to answer these questions? Does it think these are the kinds of questions that will tap into Canadians' passions, aspirations and ingenuity concerning digital media? Considering the way this consultation is framed and structured, it seems largely inconceivable that anyone would be surprised by the tepid response the consultation has garnered so far. Corraling input into a narrow, ideological framework with what appears to be pre-determined outcomes is hardly a way to inspire participation.

More of the same

We've been here before. In 2005, a Telecommunications Policy Review Panel (TPRP) was appointed to make recommendations on some of the same digital policies under consideration in the current consultation. The TPRP public consultation process was perhaps more inviting, but more for industry

groups rather than citizens and public interest organizations.

Content analysis of the TPRP's consultations' submissions is revealing: aboriginal, consumer, women's and community groups represented only 15.5 percent of the total submissions while industry groups accounted for 60.1 percent of submissions. The TPRP's recommendations, which very much fall in line with the government's current consultation framework, is at least partly responsible for Canada falling behind other OECD countries in terms of Internet access, speed, cost and openness. Will we allow industry-centred digital policy to let us down again?

The policy being developed right now will change Canada forever. The government's approach, which allows for minimal public involvement in this short consultation process, demonstrates the urgent need for a citizen-centred initiative to counter the government's industry framed consultation.

Steve Anderson is the national coordinator for OpenMedia.ca. He has written for The Tyee, Toronto Star, Epoch Times and Adbusters. steve@openmedia.ca

Honouring democracy, fighting the HST

One volunteer's experience collecting signatures for the FightHST petition

by Brenda Stephenson

I was just going along with my friend to keep her company at a rally at Kitsilano High School. Admittedly when she mentioned that the HST would result in less money in my pocket, I paid attention. Historically I do not get involved with protests, being inclined to join a group of people who are "for" something, rather than "against" (see group photo opposite).

Former premier Bill Vander Zalm's message had a clear ring of integrity and sincerity. I did not hear or feel an intention to "fight" or to "resist" anything. Rather he invited volunteers to come together to stop the implementation of a bad tax that would cause financial struggle for people already stretched beyond their limits.

I felt like he was speaking to me – a retired senior citizen on a very low fixed income. After the rally I happily signed the petition and eagerly registered to become a canvasser to collect signatures for the petition.

The following are a few of my personal experiences in the HST Initiative Petition campaign. Without a doubt, one of the most rewarding and liberating experiences in my life. What I learned from this intense and demanding project is more than I can write about here.

I feel very privileged to be a part of the first successful Citizens' Initiative in British Columbia since it came into force in 1994. No other province in Canada has such referendum and recall legislation.

Thank you, Mr. Vander Zalm, for introducing this legislation when you were Premier allowing citizens of BC

to exercise the democratic right to express their opinions about new legislation between elections, and to recall politicians who are not listening to their constituents.

The original Fight HST group headed up by Chris Delaney and Bill Vander Zalm created a highly motivated human organization to accommodate the desires of BC voters and send a clear message to the government – STOP THE HST NOW.

One highlight that impressed me in this province wide adventure was how eagerly individuals from all walks of life and all political parties joined together to generously and graciously volunteer their energy and valuable time for this worthy cause.

Strangely, Vancouver was the last area in BC to achieve their targets – I don't know why – leave that to the strategists to figure out. What was so gratifying was that canvassers in nearby ridings spent time canvassing here until we met our targets.

They arrived in vans or cars in large groups; they came in pairs independently and canvassed on busy street corners. They joined our canvassers in the pouring rain at City Square collecting signatures until they were soaking wet, then, finally heading home for relaxing hot baths. Their generosity leaves me speechless.

Volunteers not eligible to sign the petition also helped. One, a 16 year-old Vancouver high school student assisted official canvassers in Point Grey. His job was to qualify people for eligibility to sign (they had to

be on the Elections BC voters list), and then locate their ridings (each of the 85 ridings required a separate petition page to sign, maps were used to determine), which sped up the signing process. His motivation was to learn more about the BC electoral process and to gain experience as a volunteer for credits at school. He was thrilled to take part in such a significant history-making event.

Over 6,500 volunteers were approved by BC Elections as Canvassers to collect signatures for the petition. Some of those approved were invited to act as Regional Organizers and Team Captains to motivate and support the thousands of individual canvassers.

Together, with their impressive talents, expertise, perseverance, persistence, patience and sincere desire to exercise their democratic rights, they achieved incredible results.

They exceeded expectations and petition signature targets. First the BC Elections 10% required for every riding in the province, then the internal campaign's 15%. On June 30 the fightHST petition was submitted to BC Elections. The results show many ridings exceeded 20% of the registered voters. This is a higher percentage of registered voters than many MLAs got elected with. This truly makes the fightHST petition a peoples' democratic non-confidence "vote" against the Harmonizing Sales Tax. The hated HST has already caused massive Disharmony.

More campaign highlights that warmed my heart: Personally, the joy of receiving a phone *cont'd pg. 34...*

Ordinary yet compelling



The Dry Land dramatizes the impacts of post traumatic stress on a soldier returning from Iraq.

AMERICA FERRERA is a long way from the territory of hit comedy television series *Ugly Betty* in her latest cinematic venture *The Dry Land*, which Ferrara stars in and also produced. The film dramatizes the impact of Post Traumatic Stress Disorder, as James, a working class soldier, returns to his family after serving in Iraq. The setting is ordinary, working class, small town Texas and the dialogue could almost have been cut and pasted from similar films, such is its ordinariness.

James lives in a trailer, finds work in his father-in-law's slaughterhouse and has a sick mother. We learn his father was a Vietnam vet who drank himself to death. Life's bleak and while Ferrara, the loyal, loving wife and his close buddy Michael (Jason Ritter) offer him a touch of relief, the silently suffering James only pushes them away, accelerating the psychological, downward spiral.

While director Ryan Piers Williams' debut feature (out on limited release July 30) is in danger of plodding too heavily

down an angst-ridden road, its illustration of how the reverberations of war-time violence can strain a man to breaking point does have an authentic and earnest air, which other directors might have subjugated to thrills. Iraq is in the background, but it is not re-visited, not even through flashbacks. James has forgotten everything and in the second part of the film, it becomes a quest to piece together his troubled past.

I recently heard the director talking about *The Dry Land* at the Edinburgh Film Festival. Asked if the film was an anti-war film, Williams was emphatic, repeating several times that it was "not a political film." I'd have thought the stark realities of PTSD, as depicted here, would be crushing, both for military recruitment drives and for the general morale of troops preparing to go back into the field. But it seems the US military takes an enlightened attitude toward PTSD. In fact, after a violent episode, James seeks support from a military doctor. Ferrara and Williams, just back from visiting

FILMS WORTH WATCHING Robert Alstead

troops in Iraq, noted they had received very positive responses from members of the forces who had seen the film and that it had offered PTSD sufferers a way of opening up and talking about the trauma they've experienced.

On a related note, the documentary *Countdown to Zero* (due out July 23) looks at the dangers we currently face from nuclear weapons. I haven't seen the documentary, but I'm expecting good things from it. The film comes from Participant Media (<http://www.participant-media.com>), a company that specializes in thought-provoking, powerful docs, such as *An Inconvenient Truth*, *Food Inc.* and *The Cove*.

Meanwhile, the Vancouver International Film Centre is holding its 3rd Brazilian Film Festival July 15-18. Among the line-up of films is *Tamboro*, which, according to the news release, explores Brazil's major socio-environmental issues, including the deforestation of the Amazon rainforest, conflicts over land

property in the countryside, growing shantytowns and increasing criminality in the great urban centres.

Talking Heads frontman David Byrne crops up in the documentary *Beyond Ipanema – Brazilian Waves In Global Music*, along with M.I.A., Tom Zé, Seu Jorge, Thievery Corporation, Caetano Veloso, Gilberto Gil and others as the film explores the Brazilian music experience outside of the country.

Finally, the documentary *Within the River; Amongst the Trees* follows an expedition to the Alto Solimões region where video, circus and photography workshops were taught to the riverside communities of the local Indian reservations. From the heart of the Amazon to the world, we come to learn how these people live in the most remote areas of Brazil.

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com. He writes at www.2020Vancouver.com



Bill Vander Zalm with a group of FightHST petitioners in North Vancouver.

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Happy Canada Day

JUL 8-10

Conscious Convergence: An Outlook to 2012.
 Carl Calleman and Paco Alarcon-Kahan.
www.consciousconvergence.ca Unity Church,
 Vancouver, BC. Tickets avail. at Banyen Books.

JUL 9

Introduction to Foot Reflexology commences
 Certificate Weekend Training Course. Introduction
 7.30 pm \$10; Course \$350. Pacific Institute of
 Reflexology (604) 875-8818
www.pacificreflexology.com

JUL 9 & 10

Art of Living Founder, His Holiness Sri Sri Ravi Shankar Evening of Wisdom & Meditation
 July 9, 7 PM. St. Andrew's Wesley Church, 1022
 Nelson St. One-day workshop with Sri Sri Ravi
 Shankar July 10, 9-9pm, Delta Hotel, Richmond.
 See display ad. Tickets www.srisrivancouver.ca or
 Banyen Books, 604-732-7912.

JUL 11

Award Winning Architecture, Kites, Tours & Hungry Ghosts: It's all at Mountain View
 Cemetery's Annual Open House, 11-3PM, 39th
 & Fraser St. Live music, kite-making, walking
 tours & more. [http://vancouver.ca/commvcs/
 nonmarketoperations/mountainview/](http://vancouver.ca/commvcs/nonmarketoperations/mountainview/)

JUL 13

A Practical Christine Activity: New - For A
 New Day (Intro. 7:30pm Tues. July 13th), Burnaby
 Metrotown Library, 6100 Willingdon Ave.

JUL 16-18

From centuries-old traditions to the next generation
 of folk voices; from tribal chants to bluegrass licks –
 the **Vancouver Folk Music Festival** is our finest
 celebration of traditional & contemporary roots,
 world and folk music. Jericho Beach, Vancouver.
 Info/ tickets: www.thefestival.bc.ca / 604-602-9798.

JUL 21-24

The Get A Life Company FREE workshops.
 Taught by Satyen Raja, author of Living Ecstasy,
 kung fu master, Spiritual Provocateur. Wed: Down
 the Rabbit Hole. Thurs: Matrix Unplugged. Fri:
 Spiritual Blasphemy. Sat: Community & Family
 Celebration. www.warriorsage.com/getalifetour

JUL 23-25

"The Journey of Awakening" retreat with
 spiritual teacher Adyashanti on DVD and associate
 Stephan Bodian live on skype;
www.swanwickcentre.ca / 250-744-3354 (Victoria).

JULY 24-31

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info@shamanicmedicine.ca
www.shamanicmedicine.ca



From left: Namgar, Russia; Las Alegres Ambulancias, Colombia; Sarah Harmer, Ontario

The 33rd Annual Vancouver Folk Music Festival July 16-18, Jericho Beach Park

This year's lineup reflects an almost unparalleled level of diversity and variety in music
 genres, styles, traditions and cultures. Artists will be performing from every continent,
 covering at least 20 countries, seven provinces and eight states. A festival of magic when it
 all comes together in a park on a summer weekend. Artistic director Linda Tanaka has put
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 the familiar and the new. It also keeps faith with the festival's longstanding progressive
 approach to music presentation. Come on out to Jericho for an amazing weekend of music.

Tickets at www.thefestival.bc.ca or call 604-602-9798.

JUL 25

**Meditation for Planetary Peace on the Full
 Moon,** Sunday, July 25th at 7:30 PM. 2950 Laurel
 St, Vancouver. www.pranichealing.ca/vancouver.htm

JUL 26-28

**High Performance Team Coaching, High
 Performance Leadership:** Weekend course at
 Erickson College. www.erickson.edu 604-879-5600.
 Visit the website for more summer short courses.
 See display ad.

JUL 29 - AUG 2

36th Annual Family Yoga Retreat, Salt Spring
 Centre of Yoga. Variety of classes for all levels; come
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 Indian flute player, G.S. Sachdev, in concert. EARLY
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www.saltspringcentre.com, 250.537.2326.

AUG 4

Monthly Lecture: Through Fear to Love, Unity
 of Vancouver, 5840 Oak Street at 41st, Vancouver.
 \$15/door or pre-order complimentary lecture tickets
 at lecturetickets@clearmind.com

AUG 13

Introduction to Foot Reflexology commences
 Certificate Weekend Training Course. Introduction
 7.30 pm \$10; Course \$350. Pacific Institute of
 Reflexology (604) 875-8818
www.pacificreflexology.com

AUG 19

**Free Talk & Info Session: "Dreaming &
 Stalking"** a Toltec teaching. Hosted by the Institute
 of Shamanic Medicine. 7:30pm, Vancouver. RSVP
 early; space is limited: 1-877-329-8668
 or info@shamanicmedicine.ca
www.shamanicmedicine.ca

AUG 19-21

David "Avocado" Wolfe peak performance
 coach, nutritionist & best-selling author in
 Vancouver: Aug. 19 "Living Longevity" lecture.
 Aug. 20 Intimate dinner with David Wolf. Aug. 21
 "The Best Day Ever" with David Wolf & Gabrielle
 Brick. See display ad. Registration/info at www.speakEasypromotions.com or call 250-514-8614.
 Email sarah@surthival.ca

AUG 20-22

Yoga Workshop: Gravity and Grace with Peter
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 Vancouver, \$160. 604-649-8522,
Christina@soulsspringwellness.ca,
www.soulsspringwellness.ca

SEPT 15 – Common Ground Special Events
Geoff Olson Live! "Flying Cakes and

Quanta:" Using cartoons and graphics, artist
 and writer Geoff Olson examines how science and
 spirituality may find common ground through one
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SUNDAYS

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph Street (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Monthly Circle: Learn To Balance your Chakras. Tuesday July 27, 7pm and 4th Tuesday of each month. \$20. www.chakrabliss.ca 604-831-8491.

Reflexology Student Clinic 6-10pm. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

WEDNESDAYS

Align yourself with the positive energies of the universe. Every Wednesday 7pm, YWCA, Room 411, 535 Hornby St. 604-317-2747. www.santmat.net Always Free.

FRIDAYS

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UPCOMING

NOV 23

More than Entertainment - Dr Wayne Dyer, world renowned Author and Speaker will show you how to find your life's purpose and your true sense of fulfillment and joy. Experience "The Shift: Moving Ambition to Meaning". 7pm Queen Elizabeth Theatre. Tickets available at Ticket Master.

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Booksignings at Banyen

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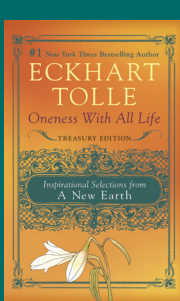
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...*Biofuels* from p. 18

Programme did not take into account the impacts of nutrients on the environment (increased eutrophication), acidification, toxicity of chemicals used to grow the crop, summer smog, ozone depletion and loss of biodiversity. (UNEP – *Towards Sustainable Production and Use of Resources: Assessing Biofuels*, 2009).

Despite various glamorous, high-tech promises for new “second generation” technologies and feedstocks, the reality is that for the next five to 10 years, bio-fuels will be produced from agricultural crops, including trees, produced in large scale, energy-intensive monocrops. This is why many communities refer to biofuels as “agrofuels.”

Global destruction

“This regulation makes no sense whatsoever,” says Michael Casey, executive director of Development and Peace. “In fact, when one takes into account the deforestation and massive use of pesticides and fertilizers for growing the biomass needed for agro-fuel production, the environmental benefits are zero.” For example, expanding the production of palm oil (oil palm trees) and other agrofuel crops is also destroying forests around the world, forests that are needed to absorb carbon and to fight climate change as well as providing habitat for endangered spe-

cies like the Orangutan.

This dynamic is relevant to consider in Canada where conversion of perennial groundcovers to more energy intensive annual cropping systems will increase GHG emissions and convert the Canadian prairie from its current status as a carbon sink to a net emitter of greenhouse gases (80 percent of Canada’s productive agricultural land is located in the prairies).

To overcome these obstacles, incredible financial and intellectual resources are being devoted to developing new or improved feedstock, such as trees genetically engineered to have low lignin and better enzymes (created through synthetic biology) for processing. These technologies bring their own environmental safety threats and by the time we see any of these second-generation biofuels, the first generation will have done lasting global damage.

The potential consequences of bio-fuels for our environment and economy are unclear, but unless the Minister of the Environment decides otherwise, unfortunately, we may all too soon be realizing the exact impacts through direct experience.

Lucy Sharratt is the coordinator of the Canadian Biotechnology Action Network. www.cban.ca

...*HST* from p. 30

call from my son in Toronto after he and my five-year old granddaughter were surprised to hear my voice on the car radio (CBC Radio and TV had interviewed me at the Vancouver Public Library one rainy day during he campaign).

Many local businesses offered us shelter from the weather while canvassing. A local delicatessen owner provided food and beverages for one of our team meetings; another local coffee shop provided coffee and snacks for our Sunday petition counting group.

On another day, while using the parking lot to meet visiting canvassers from Surrey, Delta, White Rock and Langley, we waited under the canopy of the grocery store because once again it was a rainy day. While handing out supplies and signs to our visiting canvassers, a security van pulled up, a security guard jumped out and ran over asking to sign the petition. Then he got back into his van and drove away. I was very grateful, realizing that he was going out on a limb for us. Also as soon as customers noticed that we were canvassers for the HST petition, they inundated us with requests to sign.

The majority of the public were so kind and grateful for petitions being available at central signing locations. We were asked why we were not door knocking because many had expected us to show up at their homes. We did try to get into apartment buildings and condominiums but found that some managers and strata

councils decided not to allow us in to canvass door to door, nor set up tables in their lobbies. I feel badly for those people who could not leave their homes, but it was out of our control. Given more time and more canvassers we would have collected even more signatures.

The experience of working with volunteers has accelerated my personal growth in leaps and bounds. I have nothing but pure love and admiration for every volunteer, and every person who signed the petition.

I encourage every one of you reading my account to get involved and pressure the current provincial government to honour the wishes of the citizens of BC. Get directly involved now, because if Premier Campbell and his MLAs attack the honour and good name of the thousands of average people in BC who volunteered to fight the HST, then they are not responding to the wishes of the people and should be turfed out of office. We can use the recall aspect of the same Referendum and Recall legislation to achieve this. They get their power from us, the voters. It would be irresponsible and unacceptable if these MLAs choose to just ignore the largest petition campaign in the history of BC.

The people have spoken. The voters, do not want the HST. Recall your Hated Sale Tax.

Visit www.FightHST.com

On Track Zodiac

JULY 2010 Adrien Dilon



ARIES (Mar 21 – Apr 19)

Be careful not to over-extend your hand to those who need help. Offering a good piece of advice might be all that is required. Water seeks its own level and that which you desire comes gently. You can derive great benefit from loving yourself.



TAURUS (Apr 20 – May 21)

Sometimes, those whom we love dearly must continue on their own path and we feel abandoned in the process. At this time, mark the ending of an era with respect and honour. The birth of some new intentions may be the way through as you discover your heart on the next sojourn.



GEMINI (May 22 – Jun 20)

You might be encouraged to jump on a reckless road of choices and be offered something far too good to actually have merit. Try and see the wool before it comes close to covering your eyes. Many a trickster nears your path; prick up your ears.



CANCER (Jun 21 – Jul 22)

Family duties, friends and co-workers all seem to be demanding your time, love and energy. It's great to feel purposeful, but it's not so fulfilling when you perhaps bite off more than you can chew. You might have to put your foot down.



LEO (Jul 23 – Aug 22)

As new beginnings and fresh perspectives come your way, this is what one might call your banner year. Surprising, new developments that you have been hoping and wishing for now become apparent.



VIRGO (Aug 23 – Sep 22)

You might well enjoy the solitude and comfort you derive from living with less while feeling even more fulfilled. Simplicity is not what you strive for, but it is what occurs as you live life on your own terms.



LIBRA (Sep 23 – Oct 22)

Openly investigate any feelings of lack or self-denial. You will benefit greatly now if you dig deeper into any feelings that cause you low self esteem. You need not dwell in this place to conquer those issues.



SCORPIO (Oct 23 – Nov 21)

Perhaps you have writer's block or the required inspiration seems to be evading you. Although your aim is true, you could feel you've been missing the target. Maybe hibernate now, but not for long, as new stimuli is fast approaching



SAGITTARIUS (Nov 22 – Dec 21)

Something you really like about yourself is your generosity. You will get more than the usual requests for finances and help at this time. The expression “don't cast your pearls before swine” is an adjunct to the use of caution and awareness of others' motives.



CAPRICORN (Dec 22 – Jan 19)

Even as you sense that a weight has been lifted from your shoulders, some new challenges may come to light. Many paradoxes have begun to unfold. Keep your faith, as it shall be tested. You will be given the exact amount of duty and responsibility that you can handle.



AQUARIUS (Jan 20 – Feb 19)

The spiritual context of love is usually felt when one falls into the ocean of a beloved at first meeting. When things don't work out in the long run, rather than blaming and listing your wounds, stay connected to the purity of the feelings you first felt. It will keep the love and memories alive and intact.



PISCES (Feb 20 – Mar 20)

Set sail and prepare for a journey you have placed on your wishing wall. As new acquaintances and landscapes tease your senses and motivate the adventurous side of your nature, you are heading for a passage to pleasure.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.

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Upcoming info sessions at Main Campus, 100 West 49th Ave, Vancouver from 7pm-8:30pm unless otherwise noted.

Cranial Sacral Therapy

Gain therapeutic manual skills to heal based on anatomy and physiology. This gentle healing art is practiced by health care professionals. **Info Session: Aug 17 & Sept 9**

Expressive Arts Therapy

The only integrative arts-based psychotherapy training in BC. Train to be an Expressive Arts Therapist within a range of educational, clinical, and community settings.

Info Session: Sept 13, 6-7:30pm

Fashion & Image

This program combines a variety of disciplines including fashion, style, wardrobe, hair and make-up. Visit the website or e-mail for an information guide.

Integrative Energy Healing

This three-year program combines ancient eastern practices with western teachings and recent scientific discoveries.

Info Session: Sept 8

Advanced Integrative Energy Healing (NEW)

This unique approach to healing bridges new science, transpersonal multicultural perspectives, eastern yogic views of self and soul, and subtle energy. Certificate pending.

Info Session: Sept 8

Shiatsu Therapy

Develop the power of touch and learn the tools to establish a successful professional practice. **Info Session: July 21**

Spa Therapy & Holistic Massage

Benefit from 1000 hours of massage training including Thai Massage, Swedish Massage and Aromatherapy.

Info Session: Oct 20 & Nov 17

Yoga Teacher Training

This part-time program gives 250 hours of training in various aspects of classical and contemporary yogic practices.

Info Session: July 15

Advanced Yoga Teacher Training (NEW)

Become a transformational teacher by advancing your wisdom and experience. Gain 350 hours of expert training and a hands-on practicum. Certificate pending.

Info Session: Sept 21 & Nov 10



Naseem Gulamhusein
Yoga Teacher Training Program Coordinator

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